

21st June 2024

Hong Kong, China
ROWING ASSOCIATION
中國香港賽艇協會

Passion to go beyond 熱愛·無限

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Chiu Hin Chun Awarded Rower of the Month by World Rowing

The association warmly congratulates Chiu Hin Chun on being awarded “Rower of the Month” by World Rowing, becoming the first rower from Hong Kong to receive this award. On June 20, 2024, World Rowing announced the recognition of Chiu Hin Chun's significant achievements in the sport of rowing, and awarded him the title of “Rower of the Month”.

Chiu Hin Chun, who has qualified for the open men's single sculls event at the 2024 Paris Olympics, competed in the Rowing World Cup II in Switzerland last month and won the gold medal in the lightweight men's single sculls event, winning Hong Kong's first world-class competition gold medal. Subsequently, he was awarded Rower of the Month by World Rowing, making history.

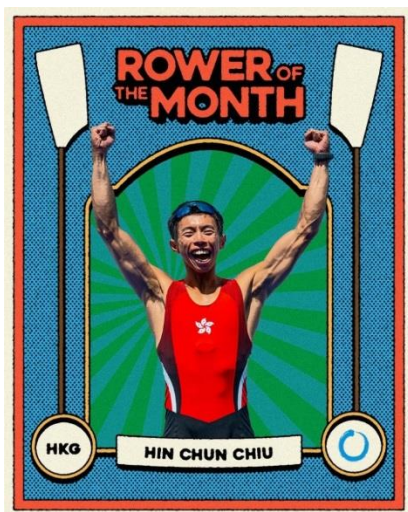


Photo Credit : World Rowing

"Winning the World Rowing Cup gold medal is an epic achievement for Hong Kong and all Asian Lightweight rowers," said Chun during an interview with World Rowing.

"I believe competing in the Olympic Games men's single sculls event will require a distinctly different strategy compared to racing in the lightweight men's single sculls," Chun explained. "As the Olympics approach, I anticipate facing more challenges. In recent years, the significant improvements I've seen among men's lightweight rowers have inspired me to believe that anything is possible. Currently, my training progress is steady, and I am eagerly looking forward to competing in the first heat of the Olympic Games. The primary challenge lies in weight control. In the weeks leading up to the Paris Olympic Games, I will work closely with my rowing coaches to fine-tune our preparations for the races."

Chun believes the simple phrase "Miles make champions" encapsulates the importance of relentless effort and determination. "Each mile rowed builds not only physical strength but also mental resilience, shaping champions both on and off the water," he said.

In closing, Chun shared his current mindset, "just one for the moment —every stroke in the water is a step towards my next goal, not just in rowing, but in life. Embracing challenges, learning from each race, and continuously pushing boundaries are key to not only achieving success in sports but also fostering personal growth. He hopes his journey will inspire others to relentlessly pursue their passions and offers this advice, "Remember, it's not just about reaching the finish line; it's about the resilience and spirit you build along the way."

Chiu Hin Chun is also an award winner of 2022 Panasonic Sports Scholarship Programme.

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Introduction of Hong Kong, China Rowing Association:

The Hong Kong, China Rowing Association (HKCRA) was established in 1978 and is the governing body for the sport of rowing in Hong Kong. It is affiliated to the Sports Federation & Olympic Committee of Hong Kong, China, Asian Rowing Federation (ARF) and International Rowing Federation (FISA).

For more information, please visit <http://www.rowing.org.hk/>